

What is claimed is:

1. A method of providing visual indications relating to various phases of a woman's menstrual cycle by utilizing different types of beads, said method comprising the steps of:

5 placing a first type of the beads on a string to indicate the first day of a menses phase of the woman's menstrual cycle;

placing a plurality of a second type of the beads on the string to indicate each additional day of the menses phase;

10 placing a third type of the beads on the string to indicate the day the menses phase crosses over to a fertile phase of the woman's menstrual cycle;

placing a plurality of a fourth type of the beads on the string to indicate each additional day of the fertile phase;

observing the woman's cervical mucus at least during the fertile phase to determine the day when the woman's cervical mucus begins drying up;

15 placing a fifth type of the beads on the string to indicate the day the woman's cervical mucus begins drying up;

placing a plurality of a sixth type of the beads on the string to indicate each additional day the woman's cervical mucus is drying up;

20 placing a seventh type of the beads on the string to indicate the first day of an infertile phase of the woman's menstrual cycle; and

placing a plurality of an eighth type of the beads on the string to indicate each additional day of the infertile phase.

25 2. The method of Claim 1 wherein said step of placing a first type of the beads on a string is performed when the woman experiences bright red menstrual bleeding.

30 3. The method of Claim 1 wherein said step of placing a plurality of a second type of the beads on the string comprises placing a total of four of the second type of the beads on the string to indicate four additional days of the menses phase.

4. The method of Claim 1 wherein said step of placing a plurality of a sixth type of the beads on the string comprises placing a total of three of the sixth type of the beads on the string to indicate three additional days of the woman's fertile phase during which the woman's cervical mucus is drying up.

5

5. The method of Claim 1 wherein said step of observing the woman's cervical mucus comprises characterizing the woman's cervical mucus as one of three of the following types: (1) dry; (2) sticky; and (3) egg-white.

10

6. The method of Claim 1 further comprising:
utilizing an ovulation prediction kit during the fertile phase to determine the day when a level of luteinizing hormone released by the woman's pituitary gland surges; and
placing a ninth type of the beads on the string to indicate the day when the luteinizing hormone level surges.

15

7. The method of Claim 1 further comprising:
placing a tenth type of the beads on the string to indicate a day during which the woman engages in a coital act.

20

8. A method of providing indications relating to various phases of a woman's menstrual cycle by utilizing different types of beads, said method comprising the steps of:

placing a plurality of a first type of the beads on a string to indicate each day of the menses phase of the woman's menstrual cycle;

5 placing a plurality of a second type of the beads on the string to indicate each day of a fertile phase of the woman's menstrual cycle

placing a plurality of a third type of the beads on the string to indicate each day of an infertile phase of the woman's menstrual cycle;

10 observing the woman's cervical mucus at least during the fertile phase to determine the day when the woman's cervical mucus begins drying up; and

substituting a fourth type of the beads for one of the second types of the beads on the string to indicate the day when the woman's cervical mucus begins drying up during the fertile phase.

15 9. The method of Claim 8 wherein, in said step of placing a plurality of a first type of the beads on a string, between three and six beads are placed on the string based on the woman's knowledge of the duration of her menstrual cycle.

20 10. The method of Claim 8 wherein, in said step of placing a plurality of a second type of the beads on the string, a total of three of the second type of the beads are placed on the string after the fourth type of the beads is substituted.

11. The method of Claim 8 further comprising:
utilizing an ovulation prediction kit during the fertile phase to determine the day
25 when a level of luteinizing hormone released by the woman's pituitary gland surges; and
placing a fifth type of the beads on the string to indicate the day when the luteinizing hormone level surges.

12. The method of Claim 8 further comprising:
30 placing a sixth type of the beads on the string to indicate a day during which the woman engages in a coital act.

13. An apparatus for providing visual indications relating to various phases of a woman's menstrual cycle, said apparatus comprising:

a string;

5 a first bead positionable on the string to indicate the first day of a menses phase of the woman's menstrual cycle;

a plurality of second beads positionable on the string to indicate each additional day of the menses phase;

a third bead positionable on the string to indicate the day the woman's menses phase crosses over to a fertile phase of the woman's menstrual cycle;

10 a plurality of fourth beads positionable on the string to indicate each additional day of the fertile phase;

a fifth bead positionable on the string to indicate the day the woman's cervical mucus begins drying up;

15 a plurality of sixth beads positionable on the string to indicate each additional day the woman's cervical mucus is drying up;

a seventh bead positionable on the string to indicate the first day of an infertile phase of the woman's menstrual cycle; and

a plurality eighth beads positionable on the string to indicate each additional day of the infertile phase.

20

14. The apparatus of Claim 13 wherein there is a total of four of the second beads.

25 15. The apparatus of Claim 13 wherein there is a total of three of the sixth beads.

16. The apparatus of Claim 13 further comprising:

an ovulation prediction kit for determining the day during the fertile phase when a level of luteinizing hormone released by the woman's pituitary gland surges; and

30 a ninth bead positionable on the string to indicate the day when the luteinizing hormone level surges.

17. The apparatus of Claim 13 further comprising:
a plurality of tenth beads positionable on the string to indicate a day during which
the woman engages in a coital act.

5